

## Ordering Information

Ordering a slideguide, pocket pal or stressometer is easy. Simply complete and detach this order form. Then mail the order form, along with your check, to:

**Prevention Partners  
Employee Insurance Program  
1201 Main Street, Suite 830  
Columbia, SC 29201**

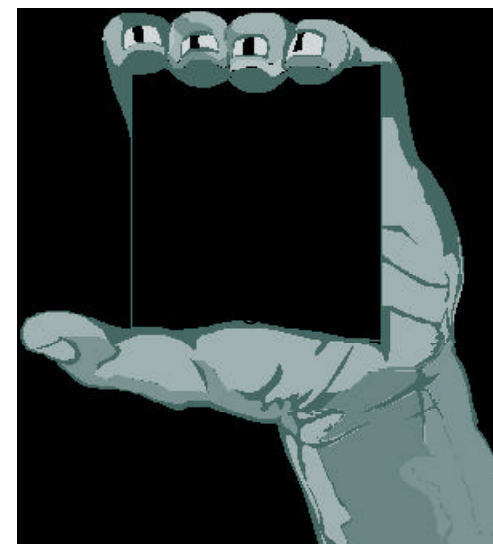
Please make your check payable to the Employee Insurance Program. Sorry, cash and purchase orders will not be accepted. If you have any questions, call Prevention Partners at 803-737-3820.



*The State Health Plan*  
**PREVENTION PARTNERS**

South Carolina Budget and Control Board  
Employee Insurance Program  
P.O. Box 11661  
Columbia, South Carolina 29211  
803-737-3820  
[www.eip.state.sc.us](http://www.eip.state.sc.us)

# Health information at your fingertips!



For Health Fairs,  
Wellness Events and  
Employee Health Education

*The State Health Plan*  
**PREVENTION PARTNERS**  
South Carolina Budget and Control Board  
Employee Insurance Program  
[www.eip.state.sc.us](http://www.eip.state.sc.us)

From slideguides to pocket pals to a stressometer, these handy pocket-sized items are a “must have” for quick, at-a-glance health information. Each item covers a different topic and gives you helpful information that’s easy to read and understand. And best of all, each item is only \$.75 (including sales tax).

The following is a brief description of each item. To order, detach the enclosed order form and mail it along with your check to Prevention Partners (sorry, no cash or purchase orders accepted).

Lowering Your Cholesterol Slideguide

An updated guide makes it easy to choose healthy alternatives instead of 81 common high-cholesterol, high-fat foods and drinks. Figures for saturated fat have been added to this edition. This slideguide also includes daily cholesterol and fat limits and heart healthy eating suggestions. This slideguide is helpful to anyone who wants to lower their cholesterol and fat intake or are making healthy changes to their diet.

Weight Control Made Easy Slideguide

Provides simple strategies for achieving and maintaining a healthy weight. Includes space to record weight loss, along with information about figuring your ideal weight, tips on successful weight control, cutting calories, easy ways to be physically active, low-calorie substitutes and how to burn calories. This is a great slideguide to have when beginning a weight control/management program.

Walk For Fun, Fitness and Health Slideguide

Walk For Fun, Fitness And Health Slideguide shows you how to develop an effective individual walking program. Front includes: Benefits of walking. How to get started. Back includes: How to walk properly. When and where to exercise. How fast and how often. Warm-up and cool-down exercises. Your target heart rate. Includes a walking checklist.

Low Fat Food Finder Slideguide

Pocket-sized calculator encourages good health by supporting federal dietary recommendations that no more than 30 percent of our calories come from fat. It shows the dietary fat content of any packaged foods. Shoppers simply check the food label, set the slide and the fat rating appears in the window. The back of the slideguide provides facts on fat.

Exercise Away Your Fat

This guide features a variety of sports and activities and provides details of the amount of calories burned in 30 minutes of exercise in reference to participant’s weight. The back

provides information dealing with strength training exercises with directions on how to properly perform them safely. The back of the slideguide answers questions dealing with “How strength training helps you reduce body fat.” This is an ideal slideguide for people who are beginning an exercise program, have questions concerning strength training or would like to incorporate strength-training exercises into their fitness regimen.

Emergency Care Guide

If an emergency occurs would you know what to do until trained medical help arrives? The Emergency Care Guide deals with bleeding, burns, car crash, chest pain, choking, convulsions, drowning, drug overdose, electric shock, eye injury, poisoning and stomach pains. The slideguide also provides the ABCs of rescue breathing. This handy slideguide is a must-have to deal with emergencies.

Trimming The Fat Slideguide

This guide features 90 everyday foods and drinks with fat ratings for each, as well as total fat, saturated fat and percentage of fat calories. Categories of foods include: Beverages, Breads and Cereals, Dairy Products, Desserts, Fats & Oils, Meat, Poultry & Fish, Snacks, Fruits & Vegetables. The back of the slideguide has definitions of fats and a formula to determine percentage of fat calories in any food. This slideguide is ideal for people who would like to eat healthy, decrease the amount of fat they consume in their diet or would like to learn more about how to trim fat from their daily diet.

Personal Calorie & Fat Counter Pocket Pal

This pocket pal provides servings amount, calories and fat grams of common food items that many people eat. It has a chart the provides the average number of calories by age categories that are recommended for men and women who engage in light to sedentary activities. The pocket pal also provides facts about fat and the limit of fat gram intake depending on daily calorie consumption. The formula of calculating percentage of calories from fat is provided along with fat trimming tips. This pocket pal fits into your pocket so you can use it as an easy reference when you’re on the go.

The Stressometer

Ever feel your stress level rising or your daily routine has caused you to feel worn and torn? Would you like to monitor your stress level? The stressometer is the ideal tool for you. By knowing what causes you stress, you can make changes that can keep your stress level down, develop skills to help control your reactions to stressful situations and monitor your stress level.

Slideguide Order Form

Item:	Quantity:	Price Each:	Total for Item:
Lowering Your Cholesterol Slideguide		\$0.75	
Weight Control Made Easy Slideguide		\$0.75	
Walk for Fun, Fitness and Health Slideguide		\$0.75	
Low-Fat Food Finder Slideguide		\$0.75	
Exercise Away Your Fat Slidguide		\$0.75	
Emergency Care Slideguide		\$0.75	
Trimming the Fat Slideguide		\$0.75	
Personal Calorie & Fat Counter Pocket Pal		\$0.75	
The Stressometer		\$0.75	

Enter Total for All Items Here: \_\_\_\_\_

Name

Employer

Address

CityStateZip

Work TelephoneHome Telephone

E-mail

Make check payable to Employee Insurance Program.  
Sorry, no cash or purchase orders accepted.